



Fibromyalgia Support Network

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www.fibrosupportnetwork.ca ♦ Find Us On



We are an inclusive, community-based, peer-led volunteer organization focused on helping individuals living with fibromyalgia and/or other chronic illnesses, **regardless of gender and where you live** in Canada, or elsewhere. Unless otherwise indicated, all programs and activities offered are held on Zoom and are **FREE TO MEMBERS ONLY**.

You must be/become a member of The Fibromyalgia Support Network to be able to participate. Fill out our online member application form at www.fibrosupportnetwork.ca/membership/ or email admin@fibrosupportnetwork.com to request a fillable pdf member application form.

The **Annual Member Fee** of **C\$20.00 | US\$15.00** helps sustain and support our programs, activities, workshops, and special events. If you are unable to pay the annual fee amount due to financial hardship, please email us at admin@fibrosupportnetwork.com to request a fee waiver. We will work with you to accommodate your situation.

MONTH-AT-A-GLANCE CALENDAR FOR SEPTEMBER 2026

Advance Registration is Required to Receive the Zoom Link

Day	Date	Time (Eastern)	ACTIVITY/SPECIAL EVENT
Mon	7		LABOUR DAY PUBLIC HOLIDAY
Tue	8	1:00pm	Fall Prevention Seminar (60m) Special Event
Wed	9	1:00pm	Qigong for Health & Wellness (60m)
Thu	10	1:00pm	Knit-Crochet for Chronic Pain Relief (90m)
Fri	11	1:00pm	Documentary Film Watch Party (120m) <i>Movie: Dosed</i>
Sat	12	11:00am	Light Yoga (45m) NEW!
Sat	12	12:30pm	Gardening for Health & Well-Being (60m)
Sun	13		
Mon	14	3:00pm	Fibro Talk for the LGBTQ+ Community (90m)
Mon	14	6:00pm	Fibro Talk- EVENING Edition (90m)
Tue	15	1:00pm	Six Degrees Social Conversations (90m)
Wed	16	1:00pm	Qigong for Health & Wellness (60m)
Thu	17	11:00am	Meaningful Movements & Stretching (45m)
Fri	18	3:00pm	Armchair Travel (60m) <i>Topic: Polar Capital of the World</i>
Sat	19	2:00pm	Writing through Chronic Pain (120m)
Sun	20		
Mon	21	4:00pm	Mind+Body+Soul Health Matters (90m) <i>Topic: Letting Go</i>
Tue	22	6:00pm	FM101: I've Been Diagnosed with FM, Now What? Seminar (120m) <i>Part 1 of 2</i>
Wed	23	1:00pm	Qigong for Health & Wellness (60m)
Thu	24	1:00pm	Knit-Crochet for Chronic Pain Relief (90m)
Thu	24	6:30pm	"Between The Covers" Book Club (90m)
Fri	25	1:00pm	Group Games Afternoon Fun (90m)
Sat	26	11:00am	Light Yoga (45m)
Sun	27		

Tue	29	1:00pm	Six Degrees Social Conversations (90m)	
Tue	29	6:00pm	FM101: I've Been Diagnosed with FM, Now What? Seminar (120m)	Part 2 of 2
Wed	30	1:00pm	Qigong for Health & Wellness (60m)	

To find out more about each program, activity, special event or self-management course offered, click on this link, <https://fibrosupportnetwork.ca/what-we-offer/virtual-programs/>

WHAT'S NEW, WHAT'S CHANGED AT FSN?

After an all too short summer break, FSN is looking forward to resuming its normal programs and schedule for the new 2026-2027 year! Behind the scenes, we have decided to make some changes to programs, accepted new life situations for some peer leaders which prevent them from continuing their programs, and are continuing to find way to bring more interactive, insightful and informative opportunities for patient education, social connections and self-awareness.

The following long-time programs welcome participants back for the 2026-2027 season. They will continue operating on their usual days of the week and time slots (except where noted):

1. "Between The Covers" Book Club *(Note: will now run from 6:30-8pm ET)*
2. Group Games Afternoon Fun
3. Fibro Talk for the LGBTQ+ Community
4. Fibro Talk- Evening Edition
5. Knit/Crochet for Therapeutic Pain Relief
6. Meaningful Movements & Stretching *(Note: will now run as a bi-weekly program)*
7. Qigong for Health and Wellness
8. Six Degrees Social Conversations
9. Writing Through Chronic Pain

Program Facilitator, **Andrea Pearson**, who has been running our CHAIR YOGA and RESTORATIVE YOGA programs has, due to a recent new medical diagnosis of periodic paralysis, to step back from instructing these programs for this coming year. She has been referred onto genetic counselling for additional testing which will likely take a year or so for the required tests to be completed along with a neurologist who is familiar with her condition. Right now, small achievements like the ability to lift a kettle to make tea and take her dog, Toby, for a short walk, are reasons to celebrate! Hence, we will close out these programs for the 2026-2027 year. Hopefully, Andrea regains her abilities and strength during the next 12 months and is able to come back and resume her peer leader role with FSN.

FSN is excited to offer two new programs which replace and consolidate existing programs to accommodate volunteer peer leaders' energies and availability:

1. **MIND+BODY+SOUL HEALTH MATTERS:** We have decided to combine MINDSET MATTERS, SOUL TO SOUL SPIRITUAL WELLNESS and HEALTH TALK into one program. This will alleviate constraints on volunteer leaders' energies and availability. Program Facilitators, **Jacqueline Fraser** and **Irene Roth**, will co-lead this newly formatted monthly program. Plan to join this month's session when we will delve into the topic, **"Letting Go"**. See our program poster for details.
2. **LIGHT YOGA:** This new bi-weekly program replaces our CHAIR YOGA and RESTORATIVE YOGA program. Having earned her Restorative Yoga Teacher Training Certificate from YogaRenew in May 2026, Program Instructor, **Evelyn Zurbrigg**, looks forward to guiding members through some Light Yoga moves ending in Restorative Yoga poses. Come, join her and your fellow fibromates and engage your own body's ability to down-regulate and

balance, thereby inducing the “relaxation response” and consequently reducing stress and helping to manage our various symptoms of fibromyalgia and other conditions.

Changes have been made to the following existing programs in terms of frequency, time and/or day, or program name. Please take time to review this information so you are kept updated on what is happening in 2026-2027.

ARMCHAIR TRAVEL: Program Facilitator, **Jacqueline Fraser**, will share her bucket list travel adventure in Churchill, Manitoba, last Fall when she and her husband, Marc, spent time on a natural habitat expedition to witness polar bears. She will also share travel tales of her time in Winnipeg during this trip. Moving forward, this program will not have a specific day of the month and will operate more like a pop-up program when there are members willing to share their travel tales and adventures with the rest of the FSN community. Please note the new time of **3-4pm ET on Friday, September 12th on Zoom**.

FIBRO TALK, DAYTIME EDITION: Program Facilitators, Wana Kish and Lynda Lyons, look forward to welcoming you on a new day and time for this program. It will now be held on the **4th Friday of the month, from 3-4:30pm ET on Zoom**. Hopefully this new day/time will enable you to attend these important sessions.

FIBRO TALK, EVENING EDITION: Program Facilitator, **Lynda Lyons**, is looking forward to welcoming you to this online peer-support program held on the **2nd Monday of each month from 6-7:30pm ET on Zoom**. We are, however, in search of a member volunteer to help run this program as **Patricia Wills** stepped down from this role over the summer. Thank you, Patricia, for stepping up when you did! Caregivers also welcome!

FIBROMYALGIA SUPPORT IN ARABIC LANGUAGE: This online program, facilitated by Peer Leader **Kholoud Al-Khalili**, in the Arabic language will resume in October 2026. Stay tuned for details!

FIBRO TALK FOR THE LGBTQ+ COMMUNITY: **Important:** Only FSN members and their caregivers who identify as part of the LGBTQ+ community, are invited to attend this program. The purpose of this program is to provide a SAFE SPACE for those feeling vulnerable or afraid of stigma and judgement, led by peer-leaders who self-identify as part of this community. The session is not recorded to ensure privacy and confidentiality. Due to the Labour Day holiday, Program Facilitator, Korli Swart, will host the program session in September on **Monday, September 14th from 3-4pm ET on Zoom**.

FIBRO WARRIORS PEER SUPPORT: Calling all members living in London, St. Thomas, and Middlesex/Oxford/Elgin counties! Become a part of the only in-person monthly peer support group program FSN offers! Plan to join Program Facilitators, **Erin Lovenjak** and **Jacqueline Fraser**, on a **Saturday, September 26th from 1:00-3:00pm ET**. We have rented meeting room space at **Kiwanis Seniors Centre** located at **78 Riverside Drive**, which is on several major bus routes.

FSN COMMUNITY DOCUMENTARY FILM SPECIAL: Riding on the success of our first FSN Community Documentary Film Afternoon, our next “pop up” film screening will be on **Wednesday, May 13th from 1:00-3:00pm ET on Zoom**! We will be watching an independent film, **“If An Owl Calls Your Name”** produced by Science and Nonduality (SAND). Click to watch the trailer: <https://youtu.be/VsMg6VcLuPY?si=hwWQb0g9VP1cW678> This viewing opportunity is open to all FSN members, and their carers interested in watching the film.

GARDENING FOR HEALTH & WELLBEING: Peer Leader **Irene Au** is looking forward to welcoming you to the next session, **Saturday, September 12th from 12:30-1:30pm ET on Zoom**, where discussion will centre on **“Harvest time”**! Where you have never gardened or are a Master Gardener, this program is designed just for YOU! Please plan to support Irene and join her in this seasonal, monthly program.